

WHAT IS BOOT CAMP?

WE ARE YMCA MEMBERS WHO MEET FOR CHALLENGING YET FUN GROUP WORKOUTS SIX DAYS A WEEK. See schedule. These workouts are free to YMCA members and are located at the YMCA and off site.

HOW CAN I GET INVOLVED?

FOR MORE INFORMATION, PLEASE CONTACT:
Kym Sterner: ksterner@ymcaeastbay.org
Jack Holleman: jholleman@ymcaeastbay.org



WHAT BOOT CAMPERS HAVE TO SAY:



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I was never someone who would sign up for something at 7:30am on a Saturday, but **now I look forward to my Saturday morning routine of fresh air, exercise, and camaraderie of my fellow Boot Campers.**

Jessica M.

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I didn't grow up an athlete, but I'm proud to be growing into one. Working out with Boot Camp has challenged me in so many ways and I'm feeling the physical benefits - strength, endurance, energy.

Laura P.

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Boot Camp workouts push me harder than I've ever worked out before. **I'm getting in the best shape of my life and I'm having fun being part of an authentic community.**

Ben C.

BOOT CAMP

OAKLAND Y



BOOT CAMP SCHEDULE

TIMES:

M/W/F at 5:30 a.m. (usually outdoors on Friday)

T/Th at 6:00 p.m. (usually outdoors on Tuesday)

Saturdays at 7:30 a.m. (usually meet offsite)

INSTRUCTORS:

M/W: Jack, Jeffry, & Kym

T/Th/S: Jack, Jeffry, & Juliana

Fridays: Jack & Jeffry

WEEK OF	MONDAY 5:30–6:30 a.m.	TUESDAY 6:00–7:00 p.m.	WEDNESDAY 5:30–6:30 a.m.	THURSDAY 6:00–7:00 p.m.	FRIDAY 5:30–6:30 a.m.	SATURDAY 7:30–8:30 a.m.
April 15	Death, Taxes and Burpees Jack, Jeffry, & Kym Location: Gym	Veterans' Auditorium Jack, Jeffry, & Juliana Location: Track & Outdoors	ABCs Jack, Jeffry, & Kym Location: Gym	Killer Bs Jack, Jeffry, & Juliana Location: Track	Pill Hill Jack & Jeffry Location: Gym & Outdoors	Dimond Park Jack & Jeffry Location: Dimond Park
April 22	Intensity Jack, Jeffry, & Kym Location: Gym	Pill Hill Jack, Jeffry, & Juliana Location: Track & Outdoors	Insanity/HIIT Jack, Jeffry, & Kym Location: Gym	Legs on Fire Jack, Jeffry, & Juliana Location: Track	Sculpture Park Jack & Jeffry Location: Gym & Outdoors	Alameda S. Shore Ride & Run Jack & Jeffry Location: Near Park St. & Shore Line Dr.
April 29	M80s Workout Jack, Jeffry & Kym Location: Gym	Bands on the Run Jack, Jeffry, & Juliana Location: Track & Outdoors	Are You Game? Jack, Jeffry, & Kym Location: Gym	Time for Recess Jack, Jeffry, & Juliana Location: Track	I-80 Frontage (Chevy's) Jack & Jeffry Location: NW of Powell	Berkeley Rose Garden Jack & Kym Location: Along Euclid Ave.
May 6	Partners Jack, Jeffry, & Kym Location: Gym	Gazebo Jack, Jeffry, & Juliana Location: Track & Outdoors	Tough Mother Jack, Jeffry, & Kym Location: Gym	K-Bells & Cardio Jack, Jeffry, & Juliana Location: Track	Westlake Middle School Jack & Jeffry Location: Gym & Outdoors	Sibley Regional Jeffry & Juliana Location: Park Entrance
May 13	Pyro Plyo Jack, Jeffry, & Kym Location: Gym	Glen Ellen Park Jack, Jeffry, & Juliana Location: Track & Outdoors	Kymboxing Jack, Jeffry, & Kym Location: Gym	TRX WOD (or 40/30/20/10) Jack, Jeffry, & Juliana Location: Track	City Center Jack & Jeffry Location: 1111 Broadway	Laney College Jack & Jeffry Location: Lake Merritt BART
May 20	Heavy Stuff Jack & Jeffry Location: Gym	Westlake Middle School Jack, Jeffry, & Juliana Location: Track & Outdoors	Legs on Fire Jack & Jeffry Location: Gym	Mission Impossible 2 Jack, Jeffry, & Juliana Location: Track	Bands on the Run Jack & Jeffry Location: Gym & Outdoors	ROGUE DAY